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1

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FREE

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with a comprehensive list



SPECIAL INTERVIEW

Harumi Kurihara
(Chef / Cookbook Author)

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"IN THIS NEW COOKBOOK, I PROPOSE TO START COOKING JAPANESE FOOD WITH A BOTTLE OF SOY SAUCE."

— HARUMI KURIHARA

Photo by Nobuhiko Morishima



HARUMI KURIHARA

Born in Saitama, Japan. Often described as the "Martha Stewart of Japan," Harumi Kurihara has been writing for cookbooks and magazines, appearing on TV shows, and running her restaurant and retail shops for over 20 years. She started her career job while she was a stay-at-home mom. Her home-oriented cooking and lifestyle advice appeal to wide audiences. Her cookbooks are always domestic bestsellers. In 2006, she became the first Japan native to receive a Gourmand World Cookbook Award. In the U.S., three of her cookbooks have been published: *Harumi's Japanese Cooking: More than 75 Authentic and Contemporary Recipes from Japan's Most Popular Cooking Expert*, *Harumi's Japanese Home Cooking: Simple, Elegant Recipes for Contemporary Diners*, and *Everyday Harumi: Official site: www.puffin.co.jp/Gourmet only*

*Harumi Kurihara is the most adored celebrity home-maker in Japan, hosting TV shows, writing cookbooks, running a restaurant, and providing lifestyle ideas. While visiting New York to promote her cookbook *Everyday Harumi* being published in the U.S., she chatted with *Chopsticks NY* about Japanese home-style cooking.*

Would you tell us about your new cookbook?

My first two cookbooks published outside of Japan were re-edited versions of my cookbooks already published in Japan. However, this time, along with English editorial staff, I created 60-70 recipes from scratch using ingredients available in England. I think these English ingredients are also on hand here in the U.S., so I give my 100% guarantee that you can make the recipes. Also, I tried to keep them as simple as possible.

Have you had difficulty finding common Japanese ingredients outside of the country?

Basically no. But sometimes they only have different varieties, and in those cases I tried to maximize their features. For example, Japanese carrots and those in England and America are very different. To tell you the truth, I prefer non-Japanese ones because they're firmer. They're actually too firm to shred unless you have a very sharp knife. But if you grate them, you can get a nice carrot topping. You should push hard when grating in order to get a crumbly texture; then sprinkle the carrot toppings on steaks brought cold, and eat it with original dressing made from soy sauce and freshly squeezed lemon juice. Since the dressing is oil-free, it's healthier than French dressing and miso-ponze. Also, the color of the carrot topping attracts your appetite. Even if you don't like the sour flavor of lemon juice, the

sweetness from the carrot reduces its tartness. So the idea is simple, but it makes a huge difference in terms of "tasting well."

Would you list some Japanese seasonings that are essential for Japanese cuisine?

When I wrote the first cookbook I was kind of proposing something like this: You can cook Japanese food as long as you have this and that and follow my recipes. But I sensed that this would cause problems. Since there are many quasi-Japanese seasonings available in every country, it's hard for the people there to tell which ones have authentic Japanese flavor. Also once people start stocking Japanese seasonings like soy sauce, mirin and dashi, they tend to think, "Oh, I want kaniun-ko powder, kaniobashi (kaniito flakes), tonbu (dried bile), etc., and it never ends."

So, in this new cookbook, I propose that you start cooking Japanese food with a bottle of soy sauce. For example, people in England eat breaded pork cutlet with ketchup and mustard, but it's okay to eat with ketchup and soy sauce. Also, ginger pork is best with a sauce including mirin, but it does not necessarily need mirin and you can make the sauce with soy sauce and sugar if you want. If you have soy sauce, your cooking repertoire will be broadened just by adding regular spices: herbs and ingredients such as garlic, ginger, and scallions. I don't want people to think "I can't reproduce the real flavor of the Japanese dish since I don't have the exact ingredients that are necessary." Instead of that, you should be satisfied in the flavors you taste from whatever you have on hand. That is what I concluded this time around.

Speaking of Japanese-style food presentation, do you have any tips that we can apply easily?

Yes. First, take your set of coffee cups and saucers and divide the spaces from the cups. Then use the saucers as serving plates.

What's important here is to serve small portions.

That's right. It's okay, isn't it?

In Japan you are known as a celebrity home-cooking author who creates home cooking recipes. What is the heart of your home cooking?

It's to make use of leftovers.

Would you share your secret for that?

Well, I always check what's in the freezer and refrigerator. I make it a rule to take a close look at what's left there on Fridays. To complete this self-assigned mission, I try to avoid dining out and dinner meetings. Due to the nature of my job, it's not unusual that only a small amount of ingredients are left. Since clearing out the fridge is my highest priority, I try not to buy as much food as vegetables even though I have guests to treat with my homemade dishes. I build up a food saving plan based first on your leftovers and then go shopping if necessary.

That means the weekend meals at your house must contain lots of leftovers!

Especially interestingly enough, I easily came up with good recipes in this situation. The most popular recipes are the ones that were born from this leftover clearing. I think everyone can identify with me by just looking at such recipes and thinking, "Kaniware can must have had leftover canned tuna in the fridge," or something like that. The editor-in-chief of my personal magazine sometimes lists top ranking recipes from my repertoire, and my leftover recipes are always in the top ten.

I'll share the most popular dish's recipe: It's Fried Chicken with Negi (Japanese Green Onion). Since first, heat oil and saute minced negi with high heat. It's overcooked if the negi becomes soft. So the keys here are "quick" and "high heat." Add soy sauce, sea vinegar and a touch of sugar and turn no-turns (fried red pepper) to the sautéed negi and you get negi sauce. For fried chicken, marinate large-cut chicken with soy sauce and sake. If you don't have sake, only soy sauce is fine. The point is to let the chicken absorb the marinade, so don't add too much sauce. Bring it to room temperature and dust it with a lot of kotukanko (dashi powder). The tip here is to put lots of kotukanko on the chicken. Now you can fry it at medium to high heat. While you are frying, you should repeat the action of taking the chicken out of the oil and dipping it again. This keeps the oil temperature stable and gives the chicken a crunchy texture. Once it's done, cut the fried chicken into bite size pieces and pour the negi sauce, and there you have it!

It looks like a Chinese dish, but the flavor is absolutely Japanese. In my restaurant, it has been the best selling dish for ten years. According to your liking you can add garlic, ginger, sesame oil, tsambagan (red chili)

pepper, and even some vinegar to the sauce, but it's best to start with a bottle of soy sauce!

Would you recommend a few destinations or activities to Chepticks NY readers who are planning to visit Japan?

My home! [laugh] Well, I always like Kyoto, so Tokyo and Kyoto are must see places, I think. Also, I want them to see snow in Hokkaido...as well as appreciate the wonderful feature of the four seasons in Japan. Shimoda, my hometown in Shizuoka prefecture, is also a great place to visit. The people are nice. It has great fish and vegetables, and the areas that sprang there are nice. It's mild and warm all year.

What sort of food should they sample in Shimoda?

Sea-dried horse mackerel and sautéed kani (gold-eye snapper). Bonito anago is also tasty during the summer season.

—Interview by Akiko Komura

Everyday Harumi

Harumi Kurihara's first English cookbook published in the U.S. introduces more than 60 home-style Japanese cooking recipes. She presents easy recipes for soups, stews, snacks, party dishes, main courses, and family dishes, including *Shrimp Stir-Fry*, *Beef Minestrone*, *Shokupan* (fried pork cutlet), *Green Beans with Sesame Dressing*, and *Quick Pickled Cucumbers*.



Activity / Health

Feeding the World Better: 20 Cents at a Time

Revolutionary ideas often come at a certain price, but rarely for only 20 cents! **Table For Two (TFT)**, a Japanese NPO which focuses on addressing global food issues promotes a humane approach to the corporate world. The idea is simple and powerful: companies and universities' cafeterias offer TFT banded healthy meals against an addition to their regular menu. When an employer purchases the healthy meal, 20 cents is donated to TFT. This donation is used to provide healthy meals at participating schools in developing countries.

While industrialized nations spend millions to fight obesity, the shocking contrast with people dying from malnutrition in under-developed countries grows exponentially. TFT addresses this discouraging imbalance, and works at feeding two birds with the same spoon. "The idea is to address the global food problem: obesity in advanced nations and famine in the developing world!" said Daniel Goldstein, Director TFT USA. Over 2,000,000 meals have been distributed in Africa since the launch of TFT in 2007.

TFT will soon be introduced to the United States and will be offering its

healthy meals at Columbia University. The success of the program is not only measured by health improvement but also by its educational impact. The African schools participating in the program noticed a significant increase in school attendance. In Japan, the organizations involved in the charity report a remarkable wave of positive feedback from their employees and students: by doing well, they are also feeling good.

Sharing the wealth and the health, and going beyond traditional humanitarian charities, TFT helps us realize that in a global world, we are "never eating alone."

Info: **Table For Two USA**
www.tablefortwo.org

To set up a Table For Two program at your workplace, email info@tablefortwo.org



Book

All You Ever Wanted to Know About Nurie

Picture coloring is a universal children's pastime. In Japanese it is called "nurie," and has been enjoyed by children there since the Ming Era when it was promoted as one of the methods to teach art. Nurie's golden age was in the 1940-50s, and even though it's relatively obsolete these days as entertainment for kids, it has been rediscovered as being effective in stimulating brain function and helping to prevent brain aging.

The new set of books **Nurie: The Foundation of Coloring** and **The Psychology of Coloring Books** by Misa Kurekichi and Kikuo Yumoto explore the background and benefits of this ancient art form. The former was the world's first specialized book on picture coloring, and it discusses the art's origins as well as how it evolved into its current form. It also talks about future applications and its connections to phenomena such as manga. Especially interesting is a survey that was carried out in the mid-1990s in Japan, Germany and France. It asked adults in their 30s-60s about their recollections regarding picture coloring, and some thought-provoking cultural differences and similarities emerge.

The **Psychology of Coloring Books** contains observations on the psychology behind this art, such as perspectives on children, parents, coloring picture creators and scholars, as well as a comparative examination of coloring books and children's picture books.

For example, why do parents allow their children to choose their own coloring books, but parents choose the picture books? There is an in-depth analysis of such questions and the lack of literature on coloring books as opposed to picture books. If you want to learn more about this largely overlooked genre, look no further than these authoritative works!

Info: bookplus.com/jp/index

ISBN: The *Foundation of Coloring* and *The Psychology of Coloring Books* can be purchased through www.usa-cngroup.com (Clio Internet Group) and www.tenness.com at \$19.95.



The two books on nurie, which will be on market in January 2010, come on a set. The co-author of the books, Misa Kurekichi, is the director of the first nurie-art gallery in Tokyo, which devotes itself to understanding and preserving the culture of picture-coloring.

Beauty

Add Movement With New Digital Perm

Digital perms came out of Asia and has been quite the rage for a few years now across Japan, Korea, and China, although it is relatively still new in NY. By using rods that are connected to a machine that regulates temperature, it prevents unevenness. In NY, most Japanese salons offer this service, but **Rit plus salon** has recently introduced the most up dated version that helps prevent hair damage, even after multiple perms.

"This is great technology for those looking for a natural look" explains the salon owner Mr. Hioki Suzuki. The digital perm is used mainly for big loose curls, as well as hair straightening. The biggest difference between the older digital perm and the newly updated one is that the new version uses a solution that incorporates nano hydrogen so that the hair stays healthy and

won't become brittle after multiple perms, which had been the biggest downfall of all digital perms up until now.

At Rit plus salon the new digital perm is offered for \$250 including a cut. For those that have extra long hair and volume, there might be a slight addition to the cost. It takes about 2-3 hours for the perm to complete, and there are special conditioners available to use at home, after the perm to maintain it. However, it may not be for everyone, so make sure to stop by Rit plus salon for a consultation so that you can look your best for the new year!

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Shop

Buddhism-Themed Book & Gift Store Offers Urban Retreat

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Store manager Ms. Shu-Lan Huang invites you to Lotus Books & Gifts, a place where you can learn to "purify and beautify your environment and life" and where you can finally complete your holiday shopping list. Much more than a bookstore, the relaxing atmosphere and the intense aroma available for purchase creates a welcoming and inviting space where you can come to shop or just to meditate. Lotus is the urban retreat you've been longing for, an all inclusive cultural educational destination offering the chance to become exposed to Buddhist philosophy and Eastern spirituality, yoga, healthy vegetarian cooking, wellness and much more.

Lotus offers various classes to enlighten your mind and improve your physical well-being. The classes range from flower arrangement to plates and

yoga to Dharma teachings and language classes. At the flower arrangement class, students learn the Ikebana School way of flower arranging, the oldest Ikenbana (Japanese flower arrangement-style). According to instructor, Ms. Pauline Tam, you will "discover the joy of creating beautiful arrangements that express your feelings and develop a refined and sensitive appreciation for beauty and nature."



They carry many excellent English Buddhist books which includes titles selected from Independent Publisher Book Awards and International Association Book of the Year Awards.

As well as finding unique healing gifts at Lotus, you can also give someone special in your life a gift certificate to one of the many class offerings. Plus, there is a gift from Lotus to you while you're there, treat yourself to a free yoga or ikebana class with this issue of *Chopsticks NY* magazine.

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STYLE FROM JAPAN

KICKING OFF WOMEN'S SNEAKERS

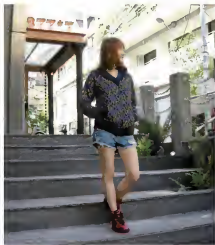


Photo courtesy of street girls (www.street-girls.com)

"Japan is an advanced country in terms of men's sneaker fashion, but when it comes to women's, that's a whole other story—I would say it's still developing," observes Mr. Yushi Sato, the spokesperson for street girls, a company of stores specializing in women's sneakers. The sneaker industry in Japan seems to have neglected the women's market for a long time, and responding to the flood of requests from fashion editors and stylists looking for cute sneakers for women, street girls opened its doors. The company is at the center of the recent rise of women's sneaker fashion among girls in their late teens and early twenties, and it sets the trends.

What has accelerated the sudden rise in popularity of women's sneakers is the variety and versatility of sneakers introduced to the market within a short period of time. The popular styles are colorful and cute with medium to high tops, which were not available before. As for materials, metallic leather and patent leather are most sought after. These sneakers fit various styles—from outdoorsy and urban to Lolita and high fashion—and girls can add spice to their everyday look yet by incorporating cute sneakers. For example, sneakers with black lace ribbons or a shoelace would complement Gosei-ton fashions, and pink Nike high-tops would add a fun, sporty accent when paired with a dress.

According to Mr. Sato, street girls is promoting sneakers not as exercise and utilitarian items but as part of fashion, the concept and story behind each product is important. Under this belief, they plan collaborations with apparel brands and develop new lines for the market. Time to upgrade your running shoes and start accessorizing with sneakers.

— Reported by Mark Minai

Mark Minai resides in Japan and writes articles and books on cultural trends and fashion issues.

FEATURED STORY

Japanese new Year GREETINGS & HANDSEL

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NENGA & OTOSHIDAMA



Welcoming the New Year is the most important holiday activity and the most exciting celebratory event for the Japanese. The new year celebration is called "nenga" in Japan. Although many things are westernized in modern Japanese society, they still observe nenga in the traditional way: eating *osachi ryōm* (new year dishes), going to *hatsumode* (the first shrine visit), and decorating houses with conventional ornaments like *kadomatsu* (pine tree decoration), *shimenawa* (a rope made with rice straw), and *kagami-mochi* (round rice cakes to offer to the gods). These are just some of the many things they do only during this period.

Reading nenga-jou (new year's postcard) is another thing the Japanese enjoy on New Year's Day. Japanese customarily send new year's postcards to their friends, relatives, co-workers, and business clients. This is similar to the Western custom of sending cards during the winter holiday season, but in Japan people consider it important that nenga-jou are delivered exactly on January 1st. Naturally, this day is the busiest day of the year for Japan Post because they have to meet everybody's wish to get their nenga-jou delivered on time. In order to achieve the mission, they even hire part-time workers to help deliver all the nenga-jou. Although E-cards are becoming increasingly popular, Japanese people still keep the custom of sending New Year's greetings via snail mail.

Nenga-jou usually have a new year's message illustrated with graphics symbolizing the new year such as the sunrise, a plum tree, *kadomatsu* and *kagami-mochi*. They are also commonly decorated with one of the 12 *zō* animals: mouse, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig. Every year is represented by a specific animal, and the *zō* for 2010 is *tora* or the tiger.

Among the many *oharagatsu* activities, *otoshidama* is the most exciting one for children. *Otoshidama* is originally a gift to celebrate the new year, but the word mainly refers to money given to children from older people during the holiday. *Otoshidama* are handed out in a small envelope called a *pochibukuro*.

The Japan Post issues its own version of *otoshidama* in the form of nenga-jou with a lottery number at the bottom of the postcard. This is the most common type of nenga-jou the Japanese use. At the end of January, Japan Post discloses the winning numbers and the winners can exchange their nenga-jou for items like an LCD HD TV monitor, a notebook personal computer, a digital camera, an air purifier and humidifier, regional delicacies and memorial stamps.



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2010 is The Year of The Tiger

In the long history of Japan, there was a time when they employed a specific way of indicating the year, month and date. It was a privilege of a calendar and was called "Eto." Eto consists of Jibaku (10 symbols) and Jushichi (12 symbols) for

12 zodiac signs and one of the 12 symbols, represented by different animals, is applied to each year. Even though Japanese do not use the system anymore, Eto always comes to mind at the end of the year because the symbol is used for senjago-yuu (Japanese New Year card). The Eto animal for year 2010 is the tiger.

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FEATURED STORY 2

J a p a n e s e s e a s o n i n g s

IF YOU WANT TO COOK JAPANESE FOOD, JUST GIVE A KICK TO AN EVERYDAY DISH OR APPRECIATE JAPANESE CUISINE MORE, CHOPSTICKS NY IS HERE TO HELP. WE'LL UNFOLD THE MYSTERY OF "UMAMI" AND JAPANESE SEASONINGS TO INVITE YOU TO THE UNIQUE WORLD OF JAPANESE CUISINE

PART 1: FOOD CULTURE THAT FEATURES UMAMI

PART 2: JAPANESE SEASONING ENCYCLOPEDIA

JAPANESE CHEF'S HOME STYLE COOKING

HAIRUSAI (CHINESE CABBAGE) CAESAR SALAD BY MAKOTO SUZUKI (BOZU RESTAURANT)

LISTINGS

GROCERY & SAKE

FOOD CULTURE THAT FEATURES UMAMI

When people eat food, they enjoy its flavor, smell, long-lasting texture, how it's presented and even the eating environment. But in terms of flavor, the Japanese might be the ones who take the most expensive approach toward the food they eat. They appreciate flavor based on seven categories: sweetness, sourness, spiciness, bitterness, saltiness, astringency and umami. While the first five categories are employed in most other cuisines, you might be unfamiliar with the last one. Umami is something that many Japanese restaurants and chefs try to make the most of; in other words, it is what differentiates Japanese cuisine from others.

Although umami is an internationally approved term, it was relatively recently introduced to the world. Originally mislabeled as "savori-fullest" or "satisfyingness," umami is a type of flavor created by components such as glutamate, inosinate and guanine. So food ingredients with such components contribute a lot to the creation of umami. Glutamate is found in kelp, cheese and tea, inosinate is found in dried anchovies, bonito flakes as well as meat and fat, and guanine is in dried shiitake mushrooms and oyster. That is why umami is found in dashi broth, which uses kelp, bonito flakes, and dried shiitake. The concept of umami has not existed in the Western world, but the people there have used similar systems of creating umami in their food. For example, bouillon and fond de veau are two good examples of food that are full of umami.

The fermentation and aging process also introduces umami. As you know, aging beef not only makes the meat softer but it also adds a certain flavor to it. Also, cheese has a different flavor before being fermented and aged, and bacon develops a unique flavor to the meat while aging. These flavors obtained after the fermentation or aging are umami. Japanese seasonings like shoyu (soy sauce), miso, sake, and tsuyu (sauce) are produced through either fermentation or aging or both. This makes Japanese cuisine full of umami.

Now, it is proven that mixing different umami components can multiply the savori flavor. For example, dashi broth can be made only from kelp, which con-



Otsuchi (your) traditional Japanese New Year dishes, consist of an assortment of dishes prepared specifically for the occasion, and most of them are cooked with full use of Japanese seasonings. Eating such a feast is a good way to appreciate umami!



tains glutamate, but when it's mixed with dried shiitake that has a lot of guanine or bonito flakes that have inosinate, it produces more umami. Ponzu sauce is often created by combining chicken or beef with vegetables. The flavors include inosinate and the latter has glutamate. Japanese chefs appreciate this feature to get the best flavor out of what they have.

As mentioned above, outside Japan the concept of umami was not in the cooking dictionary but the umami itself was in their cuisine. In Asia's countries people take advantage of umami in their cuisine. The fish sauces like nam pla in Thailand and nam chim in Vietnam and a variety of yung (Chinese mixed in China are all fermented and aged seasonings. In Europe, they enjoy cheese aged long, and soups from various ingredients. Next time you have a meal at night be fun to think, "What made this umami?"

Multiplying umami by mixing different components in various soup stock bases

	Glutamate	X	Inosinate
Dashi broth (Japanese)	kelp	X	bonito flakes
Bouillon (French)	celery, onion, carrot	X	meat
Tsu (Chinese)	beef, Chinese cabbage	X	chicken, onion

WHO FOUND UMAMI?

Japanese traditionally use dashi broth made from kelp for cooking, and they know a component of kelp played a huge role in giving great flavor to their food. In 1908, a professor at Tokyo Imperial University named Kikune Ikeda succeeded in extracting glutamate from kelp and proved it is the main ingredient in kelp dashi broth. He named it "savorin." After that, inosinate in bonito flakes and guanine in dried shiitake were found to give umami. In 1955, the International Symposia was held, and the gathering officially recognized the term umami.

JAPANESE SEASONING ENCYCLOPEDIA

Sushi, sashimi, teriyaki, miso soup, ramen, yakitori, etc — their unique flavors largely due to the seasonings that are used. In a sense, you can cook your own version of Japanese food once you learn these seasonings. Here is the comprehensive list of the seasonings that play key roles in flavoring Japanese cuisine.

SHOYU (Soy Sauce)

Shoyu is made by brewing soybeans, water, wheat, salt, and other ingredients. Its clean but full-bodied flavor is good as both a cooking seasoning and a dipping sauce. Manipulating the brewing process and the amounts of the ingredients creates different types and flavors. *Kaikuchi shoyu* is the most common type. For the health conscious, *gan-en shoyu* (reduced-salt soy sauce) is also available. You can hardly tell the difference in flavor between the two.

Some dishes do not work well with the dark color of shoyu because it ruins their pale color palettes. In these instances *usukuchi shoyu* (light-colored soy sauce) is often used. It actually tastes rather than *usukuchi shoyu*, so don't be misled by its light color. *Shiru shoyu* (soy sauce that contains more wheat to give it a light color and flavor) is another option. It has a lighter color than

usukuchi shoyu and doesn't alter the color of the dish but adds a mild shoyu flavor.

Tamari shoyu contains a greater amount of soybeans than the others and, therefore, it has a thick texture and rich flavor. It's often used as a dipping sauce as well as for teriyaki or grilled dishes, which require a full-bodied flavor.

Some other popular variations like *dashi in shoyu* (*dashi* broth added to soy sauce), *sokei tsuyu* (a umami sauce combining soy sauce with mirin and sugar), and *ponzu shoyu* (soy sauce with citrus) are popular seasonings among Japanese.



MISO

Miso is a fermented seasoning *paste* made of soybeans, *koji* (malt), and salt. Soybeans, rice, wheat, and many other beans are used to make *koyu* (malt), which helps to convert starch to sugar. Miso's taste is determined primarily by the type of ingredients, the amount of each ingredient, and the length of the aging period. There are two main types of miso: *aka miso* (red miso) and *shiro miso* (white miso). In general, the former has a darker color than the latter and is richer and saltier in terms of flavor.

The taste of miso is closely related to local food culture, and it varies from region to region. Good examples of this are "haccho miso" and "sakyo miso." Haccho miso is native to Aichi prefecture and it employs soybean *koyu* to give it a richer flavor. Haccho miso boasts a full-bodied flavor with a slight bitter note and is a key ingredient of the region's delicacies like *miso katsu* (fried breaded pork with miso sauce) and *miso nikomi udon* (broiled udon noodles with miso

broth). *Sakyo miso*, on the other hand, is a lighter and milder miso that comes from the Kansai area (the region surrounding Kyoto and Osaka). Unlike haccho miso, rice *koji* is used for sakyo miso. Its salt content is much lower than that of other miso pastes.

Japanese people use miso paste not only for miso soup but also for marinades and dipping sauces. They play with the different flavors and mix several different types of miso to get the best results for their dishes. Miso is very flavorful and goes well with various ingredients as well, so you can create a new taste just by adding a touch of miso to a dish.



SAKE

Sake is an important seasoning in Japanese cooking that is used to give mild flavor and a touch of sweetness. It's often used in broiled dishes. *Sake* contains *amino acid*, which is the key component in creating umami. *Sake* also reduces the smell of fish and meat. There is a "cooking sake" specifically made

for food preparation which contains salt, vinegar and some other additional ingredients not found in regular sake. You can use both regular sake and cooking sake for food preparation, but you would not want to drink the cooking sake because of that.



MIRIN

Like cooking sake, mirin is made of rice and is used for adding mildness and sweetness to dishes. This yellowish liquid can be said to be a thicker version of sake and contains 40-50% sugar and has an alcohol content of about 15%. Since it is a dry egg, mirin is used to obtain a glazed

effect, as in teriyaki, as well as mixed into dipping sauces and rice seasonings. Because of alcohol taxation, many of the mirin varieties available in the U.S. have a modified alcohol content, and such varieties are called "mirin type," "mirin fa," and "mirin style."



SU (Vinegar)

Although there are a variety of vinegars used in Japan, the most common is a rice vinegar called kame-su. It's a milder seasoning in restaurants, popular restaurants that have been asked in a vinegar sauce. Different blends of vinegar sauces for sashimi are used. Popular sashimi vine-

gar sauces are a mizu-sashimi-su, and tako-su. Kame-su is also a main ingredient of sukiyaki, which is used for making sukiyaki rice. Since rice is healthy, people do not only use it for cooking but also drink it by diluting with water and club soda. There are specific types of su used for drinking purposes.



PONZU / PONZU SHOYU

Ponzu is a type of sour sauce made with Japanese citrus fruits such as yuzu, satsuma, daidai, and kabosu, but is generally when Japanese mention ponzu they refer to ponzu shoyu, which is often made from soy sauce, mirin, kame-su, daidai broth and Japanese citrus fruits. Ponzu and ponzu shoyu

are used as dressing for boiled vegetables and dipping sauce for hot pot, steamed, grilled and fried dishes. Since they have no oil content, they are a healthy substitute for regular salad dressings and thick sauce.

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wasabi



If you love Japanese food, you are already familiar with this light green condiment placed beside sushi and sashimi. Its unique, strong flavor knocks you down, and its pungent aroma rises up your nose and sometimes makes you cry. Often compared to horseradish, wasabi has a much stronger and sharper flavor. Freshly grated wasabi is the most flavorful and is a delicacy; it is usually available only at restaurants. Wasabi powder and wasabi paste in a tube are popular for household use. In addition to adding a punch to food, wasabi also kills bacteria.

karaishi (Japanese Mustard)



Although they came from the same plant family, karaishi has a different flavor compared to the mustard commonly consumed in the western world. It is spicier and has a special bitterness. It can neutralize dishes and add depth when added during the food preparation process. Karaishi is also used on the side of sash (boiled ingredients in a dashi broth), dashi no dango (boiled pork belly), and Ayudai chiku-bōdō egg (scallion) for an extra kick. Karaishi comes in both powder and tube style versions.

Tougarashi



In Japan, tougarashi (red pepper) is mostly used in a coarse, powdered form, although there are whole and sliced types as well. Ichimi (one-flavor) tougarashi and shichimi (seven-flavor) tougarashi are the most popular types. Shichimi tougarashi is a blend of seven different spices and herbs including tougarashi that adds a complex flavor but lacks spiciness compared to ichimi tougarashi. Japanese enjoy both varieties sprinkled on top of udon noodles, soba noodles, and boiled and-grilled dishes.

Yuzu Kosho



Yuzu kosho is a paste of blended yuzu (citrus), the skin of yuzu citrus, and chili and was originally enjoyed in the southern part of Japan. Yuzu citrus' refreshing aroma and the spiciness of tougarashi create a unique flavor, and even one drop of yuzu kosho changes the taste of the dish. It is quite salty compared to other spice mixtures in Japan. There are two types: green pepper-based and red pepper-based.

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ケチャップ

Tamari ketchup (sometimes popular as "yoshoku" spread throughout Japan) Date: rice, a dash containing an omelette and rice mixed with ketchup and chicken, is a typical yoshoku menu item and a good

example of how ketchup is used in Japan. The two types of ketchup in Japan is similar to that of its U.S. counterpart, but the flavor is a bit sweeter. The big difference between the two is their packaging. The

container used in Japan is designed with the consumer in mind—its plastic, tube-style container was developed to squeeze ketchup easily.



マヨネーズ

Japanese mayonaisse is milder and has a smoother texture than that in the U.S. There are also flavored mayonaises in Japan such as mayonaisse with wasabi, with cheese, with corn, and with tuna.

As for its container, Japanese mayonaisse comes in a plastic, stand-up tube that allows the user to squeeze it out easily. The opening of the mouthpiece spouts out mayonaisse in a pretty shape, similar to

the frosting on a wedding cake. Some brands offer two types of mouthpieces, allowing the user to apply it according to the desired decorative effect.



ソース

Unlike the original Worcestershire sauce from England, the Japanese version is made from various fruits, vegetables, and spices to create a base. There are then types, a slightly thick chunee sauce, and a

very thick tantan or noko sauce. Okonomeyaki (Japanese style pancake with toppings) sauce and yakisoba (fried noodle) sauce are good examples of open-offs from Worcestershire sauce. Okonomeyaki

and yakisoba are not western food but dishes whose development coincided with Japan's westernization. They are now popular comfort food in Japan.



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Cooking Japanese Dishes with Kikkoman Seasonings



Sumiko Kikuchi-Brennan
Dad and the champion of NYC's best Japanese restaurant, where she teaches cooking using just two fish ingredients.

If you dream of cooking Japanese food at home but hesitate because it seems too complicated, get ready for your dream to come true. Just a few basic seasonings will allow you to greatly expand your repertoire and have you cooking in no time. To prove this, two *Chopsticks NY* readers try making Japanese dishes using Kikkoman seasonings.



Test Cooks
Red Chert & Ruth Brennan-Cox
Full-time restaurant Japanese food what's in Japan for less price. In New York, she's trying to reproduce Japanese food for her husband. (10)

Unihoh Radish & Carrot Salad (serves 2 people)

- 1 1/2 cups shredded daikon radish □ 1/2 cup shredded carrot
 - 1 piece aburage (deep-fried bean-curd)
 - 1/2 cup kaniwa sprouts (sprouted daikon radish seeds)
- Dressing:** □ 2 tablespoons Kikkoman Ponzu Lime □ 1 tablespoon extra virgin olive oil



① Slice aburage on both sides in a nonstick Teflon-coated pan. Once it's done, remove of burnt aburage with paper towel.



② Cut three sides of aburage open as shown, and shred.

③ Mix indented amount of Kikkoman Ponzu Lime and extra virgin olive oil to make dressing.



Sumiko Kikuchi-Brennan
Lime already has a sweet flavor, you can adjust the amount of olive oil according to your taste.



④ Mix daikon radish, carrot, aburage, and kaniwa sprouts. Add dressing and toss well.

⑤ Place salad on plate and sprinkle some aburage and kaniwa sprouts on top.

Kikkoman Ponzu Lime has a refreshing citrus flavor and adds the perfect finishing touch to salads made from various Japanese ingredients like daikon radish, aburage sprouts, and aburage.

ToriYaki Chicken (serves 2 people)

- 2 on-own thighs (no bones) □ 2 skewers for garnish
 - 4 sticks of asparagus for garnish
- ToriYaki Sauce:** □ 2 tablespoons sake □ 2 tablespoons mirin □ 1 tablespoon sugar □ 2 tablespoons Kikkoman Soy Sauce



① Pour sake, Kikkoman Mirin, Kikkoman Soy Sauce, and sugar in a saucepan and boil down to half the original amount.



② Skewer chicken thighs in a nonstick Teflon pan at medium high heat for about 3 minutes per side. If uncooked, heat it in a 400F oven for 3-5 min.

③ Bring chicken back to saucepan and coat with sauce.



④ Once done, transfer to cutting board and slice into bite-sized pieces.

⑤ Arrange chicken on plate and pour remaining ToriYaki Sauce. Arrange boiled asparagus and baked yam on the side.

You can make your own ToriYaki sauce using Kikkoman Soy Sauce, Kikkoman Mirin, sake, and sugar. It's simple to adjust if you like a sweeter sauce, add more sugar. If you like a thicker sauce, heat it a little longer.



Tomari-zushi makes it sweet!

- 3 cups graham (cooked rice) □ 1/2 pound smoked salmon
- 2 tablespoons Kikkoman Seasoned Rice Vinegar
- 1/4 cup kani (cooked fish) □ Wasabi for garnish
- Kaniwa sprouts for garnish



- ① Cut smoked salmon into 2-inch-square pieces. (Miles 12 pieces)
- ② Combine cooked rice (hot) and Kikkoman Seasoned Rice Vinegar to make sushi rice

③ Place 1-1/2 tablespoons sushi rice on plastic wrap, wrap rice to make ball shape, and pull plastic wrap tightly around rice ball

④ Lining ball, put smoked salmon on top, put a little wasabi on the salmon, and place kaniwa on the outside



- ⑤ Make another ball and garnish with wasabi and kani.

Topping ideas are limitless. Smoked beef, baked egg and shrimp might be good choices



The really subtle trick is when you use vinegar. You don't have to use the vinegar and sugar (yum!) allowing you to pull more taste out of cooking up the colorful tomato, kaniwa.



All recipes featured in this advertisement courtesy of Tomoko Kikkoman.

DINNER IS SERVED!!

Yoshi: The most surprising to me was the richness of traditional Japanese recipes. The chicken Teriyaki was creamy and juicy to perfection. And the Teriyaki sauce we prepared using Kikkoman products gave all the authenticity to this delicious taste of the dish I had like an Iron Chef!

Ben: We would never have thought we could prepare so many varieties of dressing and sauce using Kikkoman products. We never really went beyond the traditional soy sauce for dipping! Now we plan on using the Yuzu-Lime dressing on almost any salad. The seasonings are so easy to use that even I could prepare a delicious rice vinegar for sushi balls!



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Winter Blues?

Strike Back With Warm Nanbu

By Chieko Arima
A Founder of Nambu Brewery Co., Ltd.

Winter is a great time to start experimenting with sake. Temperatures at the peak of winter sake cannot be approached more than during the light months. One of the most fun things about sake is that different temperatures bring out different characteristics. Although some sakes are just not meant to be warmed, Nambu Rigin's careful craftsmanship allows you the most delicate of sakes to be consumed at higher temperatures.

Typically, it is not recommended for daiginjo sake to be heated due to its delicate aromas, but Nambu Rigin's daiginjo sake is a solid backbone that allows the sake to be served slightly warm to its best temperature. Don't let this go to your mouth. Similarly, their Yohsuke's Junmai is a wonderful sake to love warm, its warming of the sake intensifies the most rich aroma which makes it great with sticky, creamy, richer foods. So if you think you love the winter blues, warm up some Nambu Rigin, and you will be grinning in no time.

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J U Z U

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Illustration by Mikiho Kamei

A Shochu Moment with Kyoya

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-Hayato Hishinuma-

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BREWING WITH AN ARTISANAL MIND

KATOUKICHIHIBE SHOUTEN



The historic city of Sakae in Fukuoka prefecture is the place where the long-established brewery **Katoukichihibe Shouten** is located. The city flourished as a temple town in the 13th century, and it became a castle town in the 16th century. Now it's known as a city of craftsmanship that is filled with artisans who produce traditional crafts including lacquer, ceramics, and cutlery. In a town rich with craftsman DNA, Katoukichihibe Shouten established itself 150 years ago and is now in its 11th generation.

Sake fans in the U.S. probably identify the brewery with the name BORN rather than remembering the brewer's name itself. In Sanku, "BORN" means "pure" and "inking truth," as well as stands for "birth to the future" and "creativity." This word represents the brewery's strong belief that "a single future awaits those who put in the effort and as long as one is alive, one can always reset their life no matter how many mistakes he/she makes." With this encouraging and uplifting spirit, Katoukichihibe Shouten produces only junmai type sake

and has amassed more than 50 kinds. They use underground water from the local Hakusan Mountain range pumped from a well 184 meters (about 604 feet) deep. They also employ the best sake rice, *Yamada-no-hime* and *Gohyakusanigaki*, as well as their original house koji yeast. The average milling rate of the sake rice is less than 40%, which means that their sake is extremely high quality, and it goes through a long-term fermentation stage at freezing point to receive a sophisticated flavor.

Six types of BORN sake are available in the U.S. "BORN: Dreams Come True," "BORN: Wing of Japan," "BORN: Murakami Nama Gensho," "BORN: Tokusen (Super Dogenjo)," "BORN: The Earth," and "BORN: Ikaribiki." Though each exhibits its own distinctive flavor, what you can get the most pleasure from is the taste of craftsmanship passed down in the brewery for generations. Their sake has been granted numerous international and domestic awards, proving that it should be appreciated on the global market.



Katoukichihibe Shouten
1-81 Yashiro-cho, Sakae-cho
Fukuoka 817-0801
TEL: 0974-81-1407
FAX: 0974-25-0466
www.kam.co.jp
info@kam.co.jp

THREE THINGS YOU SHOULD KNOW ABOUT KATOUKICHIHIBE SHOUTEN

The keeper of the shrine

Katoukichihibe Shouten's experience and craftsmanship are passed down from generation to generation. The shrine is also known for its sake. This is just one example of how they cherish the sake they can make better.



Sake served in the occasion ceremony of the Shogun Emperor

When the Shogun Emperor succeeded to the throne about 1,500 years ago, Katoukichihibe Shouten's sake was served in the ceremony. It was selected because of the achievement of their sake making the highest level in a local competition. In fact, the ceremony was the first time that a locally produced craft was chosen for such an honorific occasion.



A domestic industrial heritage Sakae

Katoukichihibe Shouten's home is the place where "the birth of playthings" (Shogakukan Dictionary) began for youth. It is located in the Sakae Ward and you will see many historic land marks in the area and find Chikuzen's old domestic spirit.



Taste Delicacies with KUROMARU

The *nobuyaki* specialty restaurant Aburiya Kinomaru serves plenty of meat, fish and vegetable dishes that are scrumptiously charbroiled. Their hearty food especially goes well with *shochu*. Kuromaru was added to their *shochu* menu around three months ago, and since then it's consistently sought after by *shochu* fans as well as beginners. Manager, Yuta Kobayashi, and executive chef, Ito Iida discussed Kuromaru and how this premium *shochu* complements their menu.

How would you describe the taste of Kuromaru?

Kobayashi: Kuromaru is a *shochu* made from sweet potatoes, but it doesn't have a strong flavor from that key ingredient, unlike other standard sweet potato based *shochu*. It's mild, easy to drink, and has a clear finish.

Which dishes at Aburiya Kinomaru go well with Kuromaru?

Iida: It goes well with a lot of charbroiled food we serve here. Charbroiled fish, charbroiled meat, anything. Actually, everything goes well with Kuromaru. I'd like to highlight that we serve dishes with a variety of cooking styles, seared, fried, and baked in salt in addition to charbroiled. So, the dish I chose for pairing Kuromaru today is a fried fish rather than our signature charbroiled dishes. Now we have a special seasonal fish called *maita gyoza*, which is a kind of fluke, and the sweetness of the fish combined with frying it is all brings out a great flavor. Since it takes only two to three minutes to fry, I can keep the flavorful and soft meat of *maita gyoza* while adding crunchiness to the skin.

Is there a difference between Japanese and non-Japanese in terms of ordering and liking *shochu*?

Kobayashi: *Shochu* is very popular with Japanese people. In effect, ninety percent of our customers who drink *shochu* are Japanese. But our non-Japanese customers don't know much about *shochu* and still prefer to drink sake or beer. *Shochu* is hard liquor, and that term can scare away non-Japanese customers, I think. As for ordering style, our Japanese customers are quite familiar with *shochu* and even ask for Kuromaru by name while a lot of American customers choose our *shochu* cocktails, mixed with fresh juice. When Japanese customers bring American customers for dinner, they drink *shochu* together. It's a good way for the Japanese to introduce Americans to *shochu*. As I mentioned before, Kuromaru does not have a strong sweet potato flavor that might keep away beginners. So, it's a safe choice to order if you are in a group and some people enjoy the beautiful quality of *shochu*, but others don't.

How do you recommend we drink Kuromaru?

Kobayashi: On the rocks is the best way to drink Kuromaru. At Aburiya Kinomaru, we make our own sphere ice for serving in *shochu*. The way in which the sphere ice melts in *shochu* makes it more mild. Also, winter is a good season to drink Kuromaru *oyuwari*, or served with hot water. The hot water evaporates a little of the alcohol and makes it easier to drink, and at the same time, it helps the aroma of *shochu* with nicely to your nostrils.



"Visual Media Group" is chef Iida's chosen for pairing with Kuromaru. It's served with *Akaguni* a horse-meat *parade*, *monji* crabs (grated daikon radish with red pepper), and *Jalisco* cheese.

Aburiya Kinomaru
212 W. 48th St. (bet. 2nd & 3rd Ave.) New York, NY 10019 / TEL: 212 687-6434



Kuromaru

Sweet potato *shochu* with a mild and brilliant taste and a clean finish.
Sweet Potato *Shochu* 35% ALC./Vol.

SUNTORY

Please Drink Responsibly.

Imported by Suntory International Corp.
New York, NY 10020
Suntory Bottling Co. Ltd.

HAKUSAI CAESAR SALAD

 RECIPE COURTESY OF
 ANASTO SUTANO


In this corner, Japanese chefs from restaurants in the Tri-State area share their secret recipes of home-style Japanese dishes with you.

★ ★ ★

Hakusai (Chinese cabbage) is a winter vegetable that Japanese commonly use for pickles, and nabe (hot pot dishes). Hakusai is rarely used in salad in Japan, but this time, Mr. Masato Suzuki, owner/chef of Basu restaurant in Williamsburg, has created a Japanese-style Caesar salad using hakusai. He adds mashed daizu (soybean rice) in place of egg yolk, soy sauce, and wasabi to the dressing to give this popular Western dish a Japanese twist. “To enjoy the best flavor, don’t forget to chill the sliced hakusai in ice water, which actually makes it crisp, and toss it just before eating the salad. If you sprinkle fresh shimeajiko (baby sandfish) on top, it gives a salty kick and extra crunchiness to the salad,” Mr. Suzuki advises.



Basu
 296 Grand St. (at Rocking & Lawrence Sts.)
 Brooklyn, NY 11211
 TEL. 718-984-0750/www.basu.com

INGREDIENTS (serves four)

2-3 hakusai leaves
 2 tablespoons daizu for garnish
 1/2 pink silken tofu
Dressing
 1/2 clove garlic
 1 anchovy fillet
 6 tablespoons grape seed oil (or vegetable oil)
 1 teaspoon daizu
 1 teaspoon soy sauce
 Kabosu juice* or lemon juice to taste
 Wasabi to taste

*Kabosu is a native Japanese citrus fruit that is quite juicy and has a sharp citrus flavor. Its juice is used as a condiment for sushi and nabe. Some Japanese grocery stores carry bottled kabosu juice.

STEPS

1. Place leaflets diagonally on hakusai and slice thinly (photo A).
2. Soak hakusai in ice water for just a second and drain water.
3. Mash garlic in bowl and add anchovy. Mix and drizzle while drizzling grape seed oil (photo B).
4. Add wasabi, soy sauce, kabosu juice, and mashed daizu to dressing (photo C).
5. Drain silken tofu on paper towel and cut into bite-sized pieces.
6. Toss hakusai and tofu with dressing and arrange on plate.
7. Garnish with daizu.



Answer our Monthly survey and receive *YUTANPO* ~a hot water bottle~ (1)

Enter before January 22nd

In order to improve our content, Chopsticks NY™ would like to get as much feedback from readers as possible. Please tell us what you think about Chopsticks NY™ by answering the following questions.

PRIZE OF THE MONTH **YUTANPO** **(a hot water bottle)**

If you don't remember the article from last month's issue, Yutanpo is a nice, fluffy and energy saving solution to staying warm in the winter. This month 1 (one) lucky reader at Chopsticks NY Monthly survey will receive the Yutanpo that we featured in our article.



Q1 Please tell us the title of the article that you find most interesting and why?

Title _____

Why I liked it _____

Q2 Please tell us which information in Chopsticks NY™ you have found useful and actually took advantage of (Please specify the name of the service you used)
(e.g. I went to Chopsticks Restaurant and ate the Special Ramen featured in the article.)

Q3 What kind of topics would you like us to feature in Chopsticks NY™ in the future?

Q4 It's the time for new year's resolutions! If you've decided to take any Japan related classes and lessons in the new year, what would they be?

Q5 Do you know what *dashu* is? If yes, tell us about your favorite *dashu* (drink) and the name of the restaurant serving it in the NY Tri State area (e.g. Senfudo Den at Chopsticks NY Restaurant in the East Village)

Please share your personal information with us.

Name: _____

Age:

a. 24 & below b. 25-34 c. 35-44
d. 45-54 e. 55-64 f. 65 & over

Gender: a. Male b. Female

Occupation (optional): _____

Ethnic background (optional)

CAAsian CJJapanese CAfrican-American/Black
CHapanese CMultiracial CCaucasian COther

Email address: _____

THREE WAYS TO ANSWER THE SURVEY

- ① Go to Chopsticks NY™ website (www.chopsticksny.com) and complete it online.
- ② Fill out this form and fax it to "Chopsticks NY Monthly Survey" at 212-431-9960
- ③ Write out your answers and email them to survey@chopsticksny.com.

CHOPSTICKS NY™

FOOD DRINK GROCERY

RESTAURANT REVIEW

SUSHIDEN (MADISON AVENUE) / ZENBOSHI / KAI

ASIAN RESTAURANT REVIEW

MACANOSUI

LISTINGS

JAPANESE RESTAURANT

ASIAN RESTAURANT

SUSHI / JAPANESE

Sushiden (Madison Avenue)

19E, 4th fl., bet. Madison & 5th Aves. | New York, NY 10017
Lunch: Mon-Fri 11:45am-2:15pm
Dinner: Mon-Fri: Sun 5:30pm-10pm

Sushiden is one of those sushi restaurants one cannot go without mentioning, when it comes to authentic sushi. This anglophile restaurant in Japan has been in operation for more than 50 years, and it is a true haven for the more sophisticated sushi lovers, while the cuisine here is as traditional as it gets. "Whenever we try to do something new and different, we always end up going back to the past. That's the nature of sushi," explains executive chef, Mr. Kaji Kimura. Here, the veteran sushi chefs bring in the freshest seafood from multiple regions of Japan, which they receive daily so you can always count on the quality and tenderness of their ingredients. It's best to take advantage of the more eclectic, seasonally limited items here that most other sushi restaurants in NY would not be able to offer. One of the popular items in the Madison Avenue location is the *Chirashi*. With a variety of seafood laid on top of a bed of rice,



it is a great way to enjoy the many different tastes of the season in one dish. If you are looking for a mood-setting atmosphere, the upper level has beautiful *sushibar* rooms (private Japanese style rooms) that will take you to a dining experience you will not forget.

CHIRASHI



The *Chirashi* comes with tuna, white fish, salmon, pickled shrimp, Spanish mackerel, scallop, egg, and sweet fish flakes on a bed of rice, and is a great way to taste an array of the season's delights.

3 Best Sellers

- NYC Combination set
- Kani-don \$18
- Chirashi \$12

JAPANESE / IZAKAYA

Zenkichi

850 N. 9th St. | 8th Fl. | Derry St. & Wythe Ave. | Brooklyn, NY 11211
TEL: 718-380-6365 | www.cdnkcs.com
Mon-Fri: 9am-7:30pm, Sat: 9:30am-11am

degenerately decorated with bamboo, river rocks, and dark wood, **Zenbitchi** in Wabington will transport you to Japan. Described as "Tokyo-style cocktails," the upscale atmosphere and private tables may be why Zenbitchi is considered one of New York's most romantic restaurants, but the omakase (chef's choice) menu is what keeps custom: course meal changes every five to ten to watermelon highlights (dishes mild) & Shungiku (Japanese leafy herb) cooked with miso minestrone. Zenbitchi fully realized for making it more accessible of Japanese cuisine. For a change, customers to try Japanese their Web 2.0 thirty kinds of premium food the perfect leverage to complete Japanese dining experience.



HOMEMADE TELL AND ROAST TRACK

Marinated in honey and soy sauce for three days, Zerkich's Roast Duck is moist and tender. On the side is a delicious chopped-cucumber salad and more, which are also marinated. The homemade soy, which has a rich and complex texture, is another reason to try Zerkich.

JAPANESE / KAISEKI / SUSHI

Kai

833 Madison Avenue 1st Floor (Rt.) New York, NY 10017
TEL: 212 584-7077 www.dcm.com/dcm/index
Leads: See S&P Table 2.10 on page 20. Census: See S&P Table 2.10 on page 20.

Located on the Upper East Side right above the 30 fix tea shop is a live Japanese restaurant **Kai** focusing on kimbis, originally a simple meal served during the tea ceremony. **Kai** takes on this tradition by offering an extensive menu with items from land and sea as well as offerings of tea, wine, and sake. Popular lunch choices are the two types of dōban and oshini, whereas the night menu features kimbis courses, including *pila fix* and *kai's* *omelisse*, as well as a la carte menu highlighting chef specials. This winter's first fix lingers with *romu* sake as simmered morkish liver and clear soup with snow crab before heading to a *sashimi* assortment and *summers* *red* *uaggers* with *turnips*. You can downsize your *pillet* with *small* *snaps* before moving to the main course where you can pick between *grilled* *Sauks* *meatloaf* and *black* *cod*. you still have room. [Go](#)



Following this is the after-dinner *udon* and homemade sweets for dessert. According to executive chef Yariyoshi Yamazaki, the overall menu is tweaked often as many of the customers are regulars. It goes through a complete overhaul anywhere from 6-8 times a year, in order to take into account seasonal ingredients.

SPECIALLY-DESIGNED PAPER



The \$40 Steaks Ouzo Dinner Box features homemade soups, grilled fish and seafood, seasonal roasted vegetables, a spring roll and sautéed shrimp. It also comes with mini hot balls, homemade coffee, mini-cake and an assortment of sweets such as feta cakes, vanilla creamed almonds.

3 Best Sellers

- Park Kikandji (over)
- Saikyo Inoue End 11:50
- Scolding & Woe (See Unchained As Gypsy 11:50)

3 Best Sellers

- **Winter Pina Floc** Jan
- **Sassaparilla** Jan
- **Mishima Peef Hobe Miso Yoko** Jan



Japanese Restaurant Guide

122 Restaurants are listed unless noted as closed.

- Eat-In Available
- Open for Carry-Out
- Free Delivery
- Family Set-Up
- Private Party
- Business Meeting

Reservations available at www.theguiding.com

Upper West

Upper West **Abel Smith Lounge**
327 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Bar Mitsu**
Two floors on 46 Columbia St. 4th Fl.
718-254-8888

Upper West **One Japanese Restaurant**
Serving authentic Japanese cuisine in a casual setting. 1000 1st Ave. 10th Fl. 718-271-0222

Upper West **Gau**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Hoku**
340 Broadway Sat. 10:00-1:00 AM
718-271-0222

Upper West **Hana**
4 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Ichu Restaurant**
374 10th St. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Kitaku**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Komori**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Kuma Sushi**
100 1st Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Mama Sushi**
210 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Mama Japanese Cafe**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Mama**
Two floors on 46 Columbia St. 4th Fl.
718-271-0222

Upper West **Mama**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Momoya Restaurant**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Mao Sushi**
327 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Next Door**
100 1st Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Ono**
340 Broadway Sat. 10:00-1:00 AM
718-271-0222

Upper West **Panoramic Sushi**
425 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper West **Saga Grill**
425 Columbia Ave. Sat. 10:00-1:00 AM
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Upper East **Shabu Shabu 78**
327 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper East **Sushi House**
327 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

Upper East **Sushi of East**
327 Columbia Ave. Sat. 10:00-1:00 AM
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Upper East **Sushi Sake**
327 Columbia Ave. Sat. 10:00-1:00 AM
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327 Columbia Ave. Sat. 10:00-1:00 AM
718-271-0222

East Village	Sushi Zen-zen
301 West 42nd St. (at Madison Ave) 51	\$400
212-693-0200	
East Village	Sushi Tera
40 Madison Ave. (btwn 34th & 35th St.)	\$250
212-693-0200	
East Village	Terakoya Ramen
40 Madison Ave. (btwn 34th & 35th St.)	\$100
212-693-0200	
East Village	YAMA Restaurant
100 W 42nd St. (at Madison Ave)	\$250
212-693-0200	

West Village

West Village	also on west 4
40 Madison Ave. (btwn 34th & 35th St.)	\$250
212-693-0200	
West Village	also on west 4
40 Madison Ave. (btwn 34th & 35th St.)	\$250
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40 Madison Ave. (btwn 34th & 35th St.)	\$250
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301 West 42nd St. (at Madison Ave) 51	\$400
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Lower Manhattan

Lower Man **Anita Toshi**

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Lower Man **Bento Nouveau**

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Lower Man **MOBI**

11 E 10th St (btwn 1st & 2nd Ave)
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Lower Man **MOBI NEXT DOOR**

11 E 10th St (btwn 1st & 2nd Ave)
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Lower Man **Ono**

11 E 10th St (btwn 1st & 2nd Ave)
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Lower Man **Quickly Sushi Sushi**

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Lower Man **Ramen**

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Lower Man **Sushi & Sake**

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Korean Barbeque to Keep You Warm

If you are searching for a hearty meal to warm you up this winter season, look no further than the well-proclaimed "cow man specialists" at the Korean restaurant **Madangsui**. According to manager Haeun Jin, what sets her restaurant apart from other barbecue places is the quality of the meat and the special seasoning it is marinated with. The wide assortment of entrees guarantees that everyone will find something they enjoy, even vegetarians who have options such as spicy tofu and vegetable soup.

Along with the 10 types of soup are 27 types of barbecue and plenty of à la carte selections. Jin points to butterflied short ribs and the skunk boneless braise as two of the most popular meat dishes. The short ribs are well marinated and juicy enough to melt in your mouth, while

the less hefty braise has a pleasant harmony of flavorfulness and tenderness. Because both of them are deliciously marinated, you can of course enjoy them on their own, but by wrapping them in lettuce with seasoned onions, scallions and Madangsui's original rice paste you'll be surprised how refreshing the dish becomes. In addition, "Spicy pork and pork belly are also popular among our customers—and my personal favorite—because it's not too heavy."

Barbecue is the food of choice at dinner, but during lunch hours customers can choose from about 40 specials including the popular Lunch Box with a choice of bulgogi (skirt tendon beef), galbi (broiled short ribs) or salmon, and a variety of Jjigan (Korean stew). So next time why not head for a meal with the barbecue specialists at Madangsui?



Madangsui's delicious meat assortment of short ribs, spicy pork and beef, all of which you can grill on your own.



Madangsui's bibimbap comes in varieties such as vegetable, bulgogi and chicken, so find out which is your favorite.



Madangsui
30 W. 30th St.
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LIFESTYLE

BUYING JAPAN

SHICHIRIN

FOCUS: SCHOOL / CULTURE

LIFE IN NEW YORK CITY BY WAY OF THE SWORD

JAPANESE LESSON

MAKING A PHONE CALL, PART 3

JAPANESE BOOK RANKING

TRAVEL

NIIGATA—THE COUNTRY OF BEST WINTER OF JAPAN

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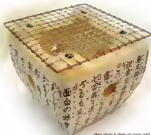
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BUYING JAPAN: INCREDIBLE AND UNKNOWN PRODUCTS - VOL.21 -

SHICHIRIN

BY MORY NAKANISHI



Shichirin in photo on upper right: courtesy of Japanese Culinary Center

When you're not cooking on your table-top, a Shichirin can also be an excellent way to display your favorite table foods, like the beautiful nibbiri Japanease eggplant. Seriously, this stuff is for sale too.



But it's the real food that really makes eating a Shichirin worthwhile. Not only does the food come out tasty, but if you cover up with a combination of colorful ingredients that you like, it can look like a work of art.

I love yakitori. You could probably feed me anything on skewers — to me, there's nothing more wonderful than the clean flavors and simplicity of cooking over a charcoal grill. Unfortunately, you can't make real yakitori, grilled fish or beef in the microwave, so one tends to have to go out to a restaurant in New York City to get some, but now that you can have a Shichirin at home, you're one step closer to having your own yakitori.

A Shichirin is basically a portable earthenware stove, a tradition that dates back to ancient Japan. It literally means "seven (shichi) wheels (rin)", but "rin" refers to money — about a hundredth of a yen. Back then, for only seven yen's worth of charcoal, you could cook your dinner in your Shichirin, so it is no surprise that it was a staple of nearly every Japanese household. The Shichirin we see today is not much different from those back in the 1800's — a cylindrical rectangular earthenware vessel that has an open top to hold a variety of wire mesh cooking nets for food in pots and pans.

The finest Shichirin distinguish themselves from other portable stoves for being made with dust-magnetic earth — a rare material that is incredibly heat resistant. But you can also find Shichirin made of clay or a combination of various ceramics. Once you add natural hardwood charcoal (preferably the sumi and kashotan types made for Shichirin), this fireplace stove becomes a true powerhouse, reaching temperatures far beyond what you could get on a portable electric or gas stove, and of course, all done naturally. If you're a home cook, Shichirin is a perfect addition to your set of tools — whether just to indulge yourself or to impress and entertain a group of your friends. That thick sliced beef you see in Japanese markets? On a Shichirin, they grill up perfectly. Whole fish comes out succulent on the inside and crispy on the outside. And lets go back to yakitori skewers for a second — you wouldn't be able to get the same perfectly grilled pieces of mouthwatering bites from gas or electric. (Grilling, yes?)

You can find a wide range of Shichirin these days, from large that may even replace your BBQ grill or

tiny tabletop Shichirin that uses both charcoal or gel fuel like Sterno. They are sold in a variety of product names like "hibachi", "trademark kama", "ranger home", etc. So check out the stores listed below that carry Shichirin, or look online for a host of distributors that sell them.

But since we do live in New York City, you should definitely be careful when using a Shichirin. Smaller, table-top Shichirin are excellent for indoor cooking. But when using one of the bigger ones, find a safe place — if you have roof access or a balcony of some sort that would be perfect. Fire escapes are not recommended. If you're unsure of what the rules are in your building, contact your landlord or building management.

Where to Buy Shichirin
Japanese Culinary Center (211 8th Ave, New York, NY 10011 / 212-693-1333 / www.jccny.com)
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Shop Guide

The following is a list of shops where you can buy Japanese goods, and eat and eat.

Locations available at www.chopsticksny.com

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LIFE IN NEW YORK CITY BY WAY OF THE SWORD

The beauty of New York City is that it's not just a place where you can find great Japanese restaurants, markets and the newest goods. Dig a little farther and you'll find an established Japanese community, filled with authentic traditions and transported culture, from Buddhist churches to herbaceous floral arranging. One of the most idyllic, yet best kept secrets in New York City however is the Kenzan Institute in Tribeca — arguably the preeminent place to go to learn and practice the martial art of Kendo.

Founded in 1959 by hundreds of enthusiasts represented by the late Reverend Shunzo Ken, the Ken Zan Institute is indeed a piece of Japanese American history, one that I absolutely had the chance to enjoy when growing up in New York City. Even thirty years later (I) I can still remember the sights, sounds and smells of the dojo — while I am sadly no longer practicing, I vividly recall the physical and mental challenges set forth during lessons, and would be hard pressed not to admit that what I learned still applies to parts of my life in a positive way today.

What is Kendo? Good question. It literally means, "The Way of The Sword" and is a practice that dates back to the 12th Century — at the height of the time of the Samurai. It is based on traditional Japanese sword fighting, known as *kenjutsu*, itself centuries older than Kendo. In the 1700's, Kendo started to look more like how we recognize it today. Bamboo practice swords called *shinae* were introduced at that time, as were the *hogu*, protective gear — opponents could now strike at each other without the fear of injury. By the 1800's, improvements like using a metal grille for the faceplate and thick cotton for extra protection for the hands and wrists made way for the look that remains even now — the *haki* (helmet), *do* (chest protector), *tare* (hip protector), and *kote* (mitts) are still the major elements of the Kendo armor.

The most important element of Kendo however is

neither the gear, nor even physical strength. It is the philosophy and intense mental preparation. Kendo is ultimately a blend of the samurai tradition and Zen Buddhism — a way to synchronize and control the entire body, breath, and voice, as well as a way to achieve enlightenment by focusing the mind and shedding things like anger, fear and doubt. The ultimate goal is about self study and understanding, a harmonization of the mind, body and spirit through grueling practice and execution.

To the outside and untrained eye, it can be extremely difficult to grasp the subtleties of what is happening mentally and spiritually. Go to a national or international tournament and you'll hear the *Yoi!*, the battle cry, and you can immediately be under the impression that it is a single act of aggression. But a *Yoi* is much more than that — it is the vocal expression of where intent, technique and skill collide and merge into one action. If you wish to get a sense of everything that happens in one instant of a Kendo match, luckily you need only swing by 54 Thomas Street for a first hand experience.

These days, the Institute is run by Daniel Elbers — 7th-dan, who was once its star pupil and is now the sensei. The Institute welcomes anyone to come see what they do, whether you are an avid sportsman looking for a new challenge or just someone interested in Japanese culture. Along with Kendo, the Institute also offers *batto* — the practice of controlled sword techniques that are based on the actions of drawing and re-sheathing the blade. Whichever you choose, I'm sure you too will learn valuable things that will stay with you for a lifetime.

—Reported by Nabe Makowski

Ken Zan Institute

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 54 Thomas St., 5th Floor, 5th Fl. (N. Broadway)
 New York, NY 10013
 Tel: 212-468-6184
kenzaninstitute@gmail.com / www.kenzaninstitute.org



1. *Kendo* (top) — Kendo is a martial art that is a blend of the samurai tradition and Zen Buddhism. 2. The second photo shows two people in full Kendo armor sparring. 3. This is a group of people in full Kendo armor practicing in a circle. They should be nothing keeping you from trying Kendo out and challenging yourself.



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long time! Japanese Cooking Show

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CHOPPETTES HW | vol 233 | January 2010 | www.physiology.com 45

Japanese Lesson #26

でんごんをおねがいします。

Dengen o onegai shimasu.

Making a phone call. Part B

In this third lesson on phone conversations, you will, like in the last lesson, learn how to deal with a scenario in which you cannot reach the person you are calling. Instead of waiting for the receptionist's instructions, however, this time you will actively suggest something. Look at the following example:

John: *Moshi moshi, John to mooshimesu Tanaka-san o onegai shimasu.*

(Hello, this is John speaking. May I please speak with Mr. Tanaka?)

Receptionist: *Moshiwaka gozaimasen. Tanaka wa tadaini saki o hazakaitenimasu.*

(I'm sorry, but Tanaka is not at his desk right now.)
John: *Soredewa, denge o onegai shimasu.*

(Well, would you pass on a message to him?)

This conversation differs from the last lesson in that the receptionist does not suggest anything when mentioning that Mr. Tanaka is not available. You can answer just by using the phrase you learned in the last lesson, "*Wakannadewa Ato de kakimashimaseu*" (I see—I'll call back later), but you can also be more active. If you would like to leave a message, say "*Dengen o onegai shimasu*." Then, the receptionist will take your message as connected you to Mr. Tanaka's voice mail by saying, "*Soredewa, boise moore ni o tsunagi-shimaseu*" (OK, I'll connect you to his voice mail).

The phrase "*o-tsunagi-shimaseu*" used by the receptionist is in the honorific form. The structure of the honorific form of a verb being used for an action you are performing is

"to" + the -masu form of a verb (masu "masu") + "*shimasu*" (for another person's action, you would use "to" + the -masu form of a verb (masu "masu") + "*nasemasu*" (to "nasemasu" (to speak) as an example. When you use the honorific form to describe your own action of speaking, it would be "*o-kakashi shimasu*" (if it's for another person's action, it would be "*o-kakashi nasemasu*"



Illustration by J. Shimizu

Other phrases

only a list

tsunagi-shimaseu v to connect (dictionary form: tsunagu - to have connected)

tsunagi nasemasu a phrase meaning "to be set at the desk"

tsunagi nasemasu v to understand (dictionary form: tsunagu, to have, to connect)

tsunagi nasemasu v to connect (dictionary form: tsunagu, to have, to connect)

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HARDCOVER TOP 5 IN JAPAN (12/7-13)

Book title	Author	Publisher
1. Makudasho Diet	Chiharu Yamamoto	Gensho
2. Yves Saint Laurent	NA	Tokyoemushi
3. One Piece Pie	NA	Pia
4. Kono Mystery ga Sugoi	NA	Tokugawa
5. Akutsu Katsuki no Kakushi	NA	Tokyo Sogo Senso

PAPERBACK TOP 5 IN JAPAN (12/7-13)

Book title	Author	Publisher
1. Fish Story	Kakuro Isaka	Shinchosha
2. Chiripunkunpu	Miyuki Hatakenaka	Shinchosha
3. Shikoku no Bompaku	Shigenao Toyama	Chikuma Shobo
4. Mishima Asahi	Kazuo Kurokawa	Hayakawa Shobo
5. Onyogi Yakushi no Maki	Baku Yumetokura	Bungeishunju

THE MONTHLY PICK



KONO MYSTERY GA SUGOI

The annual mystery book guide that features the ranking of the best mystery books as well as interviews and round-table talks with leading mystery writers in Japan. The edition for 2005 highlights Keigo Higashino's essay, Tokuro Kado's original short mystery, and the interview of actor Masao Sakai, who plays the title role of Katsuo Isaka's Golden Slumber. (Rank 14)

THE MONTHLY PICK



CHIRIPUNKUNPU

The protagonist of the popular genre comedy series, Ichiro, is a fictitious, spoiled young man, who can see ghosts. In this, the cultural series, he gets involved in a big fire and is about to die. While he wanders around the border of the underworld, he encounters strange happenings and gets through them with the help of his skeleton ghosts. (Rank 42)

PICKS FROM KINOKUNIYA NEW YORK (ENGLISH BOOKS)



UNPACKING MY LIBRARY: ARCHITECTS AND THEIR BOOKS

Here is a book for book lovers. What does the collecting of books have in common with the practice of architecture? A celebration of the art of reading and collecting, this beautiful book provides an intimate look at the personal libraries of twelve of the world's leading Architects alongside conversations about their significance, and lists of recommended titles from history to theory to fiction and nonfiction.



THE TREE SHOW BY MARC RYDEN

Marc Ryden's work, enjoying great prominence in the public sector recently, Ryden has designed vibrant covers for musicians including Michael Jackson, Patti Smith, Jackoff J&K, Scoring and the Real Hot Chili Peppers. Ryden's "The Tree Show" exhibit opened in March 2007 to great acclaim at the Michael Kado gallery featuring a selection of all printings and sculptures. Among his other publications are "Fudogi Circus", "Blood Show", and "Wonderland of Pairings".

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212-683-9800 F \$150
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Upper East **Mitchell**
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212-683-9800 F \$150
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Upper East **Michelle Salas-Gallego**
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M \$120

Upper East **Trunk's Street Hair Salon**
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212-683-9800 F \$150
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*See more details on website

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Midtown East **Osaka Shiatsu**
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New Jersey **Dr. Shikha**
201 W 10th St 2nd Flr, NYC 10014
212-693-1000

New Jersey **New Jersey Clinic**
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New Jersey **Japanese Women's Center**
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212-693-1000

THE COUNTRY OF BEST WINTER OF JAPAN



Just like the wineries in France, there are several regions for Japanese sake, and among them, Niigata is one of the top sake manufacturing regions in the country. Winter is the perfect time for the best taste of newly brewed sake, and Niigata offers this pastime with the finest of Japanese cuisine, nature activities and relaxation.

Niigata stretches along the northwestern coast of Honshu island and the vast side of the Japan Alps mountain range. The mountainous geography is the home of multiple hot springs and old ruins in winter, the rich farmland produces top quality rice and vegetables, and the coastline along the Sea of Japan provides ample seafood for local cuisine. Niigata's varieties of food and nature enrich the life in Japan, and this prefecture is the perfect playground for Japan culture lovers who would like to enjoy food, nature and culture at the same time.

NIIGATA'S SAKE

Along with local, plentiful fresh and high quality food resources, Sake makes Niigata so special for Japanese food gourmands. Scattering hot springs in the region also add to the local life, relaxation and luxury to enjoy the Japanese cuisine. The tradition of

superior sake brewing has been inherited by younger generations, and the craftsmanship has been very committed to quality control and culinary culture. Since 2004, Niigata's Sake Brewery Association has held Niigata Sake-no-In, translated as Home of Niigata sake, where gourmands and sommeliers alike are introduced to their epic sake when it comes out fresh from the barrel. Since the ideal temperature for brewing is below 58 degrees F, and with its exquisite texture and flavor, Niigata is the place to go for sake during the coldest time of the year.

Among many labels of Japanese sake, Niigata's sake is the highly regarded for its clean, smooth and graceful flavor, which is produced by the region's pure water and high-quality Japanese rice. In addition, the region has a temperate climate for sake brewing because of the heavy winter snow that purifies the air, keeping sake as pure as possible, the superior quality of rice, and the local pure water. The heavy snow keeps the temperature low day and night, and the stable low temperature is advantageous for slow yet steady brewing of the ingredients. All these combined, Niigata's sake is produced with the highest quality of each ingredient.

The local sake brewers introduce their new sake of the year at the Sake-no-In event, which reflects their

commitment and devotion to the industry, and this year, the 7th event features not only over 500 labels of Niigata's sake, but also the region's fresh seafood dishes that are specifically prepared and cooked to match the local sake. The two day event occupies the modern convention center Expo Messe on March 13 and 14, 2010, and they always have a full house each year with some 70,000 visitors. These unique sake seminars and sake tastings of each brewer's fresh sake from this year's barrel. With the excellent local food, the event has Niigata's luxury in winter — great drinking and eating. It would not be surprising why Niigata's sake has been highly regarded all over Japan, and recently more and more outside of Japan in popularity of Japanese sake societies, once attending the event. For more information about the Sake-no-In event, go to www.niigata-sake.org (Japanese only).



EXPERIENCE THE TOP SAKE BREWERY

With the local commitment and devotion to the tradition of the sake brewing industry, Niigata's breweries are open for public viewing and some even offer brewery tours to foreign visitors. Such tours have been becoming popular among tourists who are looking for sake-related destinations, and the following are the leading sake tours available in Niigata.

Kita-kawa Brewery has over 200 years of family history

ness in Shibata, a 20 minute train ride from the prefecture's capital Niigata City. This historic brewery has been influencing the local culture and development of the city over the centuries, and is now giving tours of their museum-quality, traditional Japanese sake brewery. Ichidai produces award-winning libels, and the brewery tour shows their superior sake made out. The tour is free of charge, but requires an appointment in advance by email at info@ichidai.jp.

Minatogawa label is Obata Brewery's signature brand that has won several national awards for different categories of sake. This super smooth and delicate sake is produced on Sado Island, just minutes by ferry from Niigata City. Although the island is not remote and is always connected to Niigata's food and culture, there are some unique cultural traditions and local products. Obata Brewery takes advantage of the sake brewery tradition and technique and succeeded in superior sake line-ups. Along with the island's beautiful scenery, the brewery tour shows

the excellence of today's sake brewery scene and tasting. Visit at www.obata-shibata.com for more information and tour reservations.



Tamagawa Brewery's tradition is rooted in the early 17th century when the local village chief began sake brewing. The original house is still preserved to show the 17th century traditional life in this region, and they have a snow-covered brewing shop yuki-kura. The shop is naturally refrigerated with snow that covers the structure, and this promises the w-

poner level of sake flavor and quality almost year round. Tamagawa Brewery is the only one showing yuki-kura to visitors, not to mention their 300 year old brewery and tasting up to 10 kinds of sake on site for free. The brewery also produces unique sake-based products such as sake cakes, sake-marinated food and cosmetics' products made of kinu, the aradite that is produced during the brewing process. For more information, go to www.yuki-kura.com (Japanese only).

— Nan Akashi, Public Relations Manager at the New York Office of JNTO



Japan National Tourism Organization
New York Office

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www.chopsticksny.com

Event

Through December 24

JAFAN BIAND: The Wish List Holiday Shop
Fukuoka Design House

Fukuoka Design House presents one-month only JAFAN BIAND holiday shop at their showrooms. Entitled "The Wish List," they are offering a special collection of products that merge time-honored craftsmanship and fresh expression from 27 regions of Japan. You can find unique gift items: from accessories and apparel, home decor, cookware and kitchen knives, furniture and more. For more information about this event, go to their website.

Location: 80 W. 58th St. (bet. Madison & 59th Ave.)
New York, NY 10019

Tel: 212-634-4431 / www.japanbiandNYC.com

December 31 **FREE**

The Great Purification Ritual

International Shinto Foundation (ISF)

The Shinto traditional ritual called the Great Purification Ceremony will take place on the last day of December. It is offered in Shinto to expel the impurities that accumulate in our bodies in our daily life, and a ceremony to welcome the New Year kindly. The lecture will start at 6:30pm followed by the purification ceremony. During the ceremony

paper dolls will be provided for transferring your impurities onto them and then burned for exorcism. Participation is required.

Location: 300 W. 58th St., Suite 208
(bet. 58th & 59th Ave.)
New York, NY 10019
Tel: 212-644-8107 (tel): 212-644-7171 (fax)
www.isfny.org/isf/
isfny@isfny.org



December 31

"Aka-E" New Year's Eve Oshama Service

New York Buddhist Church

Join this Japanese-style traditional New Year's Eve celebration. Reverend T. Kenjiro Hatakeyama will recite sutras followed by meditation, a dharma message and a gongyo ceremony. The service starts at 7pm. Contributions will be served. Suggested donation is \$5.

Location: 232 Riverside Dr. (at W. 58th St.)
New York, NY 10005
Tel: 212-674-6221

Event Feature

December 31 **FREE**

Celebrate New Year's Eve Countdown in Times Square with TOSHIBA Vision

Nobody would argue with the fact that the world's most famous New Year's countdown spot is Times Square. The event, which attracts a millions of people every year, gets bigger and more dazzling. This year, the monumental TOSHIBA Vision screens that show second by second countdown have been upgraded to full LED to show clearer images to the world. TOSHIBA participates in the countdown event as one of the official sponsors, and celebrating 80th Japanese New Year's phrase, "Akemashite Omedetou!" will come up on the screen and the apple drop crystal ball will show red, symbolizing Japan.

The 122nd New Year's Eve Countdown at Times Square

will be even more exciting with TOSHIBA Vision. Also this year, the event organizers, Count Down Entertainment, will host the special event with ceremony according to the countdown time in Japan. It is the first time for the New Year's Eve Countdown in Times Square to hold "Japanese Countdown" in Times Square. To join this special event, just show up on Broadway between 41st and 42nd Streets (near Bank of America Building).

Tel: 406 America, Inc.
212 W. 20th St., New York, NY 10011
tsbnetwiththefacebook.com/212net

January 1 **FREE**

Hatsunode

International Shinto Foundation (ISF)

Hatsunode is the traditional Japanese custom of visiting a shrine on New Year's Day. The ISF will be open for those who want to do Hatsunode on New Year's Day from midnight to 2 am, from 8 am to 5 pm, and on the 3rd and 4th from 9 am to 5 pm.

Location: 300 W. 58th St., Suite 208
(bet. 58th & 59th Ave.)
New York, NY 10019
Tel: 212-644-8107 / www.isfny.org/isf/
isfny@isfny.org

January 1

"Gozensan" New Year's Day Service at Park East Synagogue

New York Buddhist Church

Join this Japanese-style traditional New Year's Day celebration. Reverend T. Kenjiro Hatakeyama will recite sutras followed by meditation, a dharma message, and New Year's calligraphy. The service starts at 7pm. Suggested donation is \$5.

Location: 232 Riverside Dr. (at W. 58th St.)
New York, NY 10005
Tel: 212-674-6221

January 10 **FREE**

Enjoy Japanese Style New Year's Oshogabaru Festival in Culture Center

Japan America Learning Center

Japan America Learning Center will hold an Oshogabaru (Japanese New Year) event. They will serve special oshogabaru food, and drinks to allow participants to mingle in the Japanese New Year atmosphere. They will also have live performances and activities such as match pouring in traditional style, ikebana (Japanese calligraphy for New Year), shamisen (three-string Japanese kump) performance, Kagura (masked, traditional theatrical performance) and Mandala (blindfold comedy). If weather permits, take-up (kite flying) will be enjoyed. If you would like to take pleasure in the mood of Japanese New Year, drop by Japan America Learning Center from 10am to 3pm. Admission is free with suggested donation.

Location: 40 Montgomery Ave., Scarsdale, NY 10583

TEL 914-233-7000

info@japaneseconsentrate.com

January 14

Sake Tasting and Japanese Culture

Hills Learning

Learn about sake and get a Japanese lesson at the personal On Line 14. Hills Learning, a language school next to Grand Central, is teaming with a sake expert at a sake-tasting event to offer a fun, one-hour lesson on the sake production process and related Japanese language. Sips on some delicious sakes as they teach you key sake vocabulary and phrases in Japanese! No experience necessary. \$10 price includes appetizers and a sampling of 3 sakes. To sign up, please visit www.hillslearning.com/event/sakecup.

On-line Only

TEL 1-800-531-0000 (toll-free)

New York, NY 10017

TEL 914-340-6157

<http://hillslearning.com/Events/sakecupNY.asp>**January 18**

Sake Tasting and Dining Event

Komagishi Inc.

Located in Jersey City's waterfront, Japanese restaurant, Komagishi Inc. will be having a special food and sake-pairing event. Each dish will be paired with different sake. Tasting prices are \$10 to \$60 if purchased before December 24. The price includes gratuity tax, 4 hours parking, and a raffle at the end of the event.

Location: NJ/Pennsylvania

Jersey City, NJ 07310

TEL 201-523-8888

www.komagishi.com**January 20**

On-site service for Traveling to Japan

Hills Learning, Kinkakuji International

Hills Learning, a language school in New York City, and Kinkakuji International, a travel company specializing in tours of Japan, wants to make sure you have a memorable trip when you go to Japan. On Jan. 18, they have put together a free presentation on Japan to give you background on the best practices while traveling, information about the country, and Japanese language basics. 100-hour must sign-up via email at events@hillslearning.com to attend. Spots are reserved on a first come, first serve basis.

On-site: Kinkakuji International

1325 Avenue of the Americas, Ste. 3002

(New York City 10019)

New York, NY 10019

Info: www.hillslearning.com

Happenings

Up to 50% Off Documented Books and Items
Book Off

Book Off is a used bookstore, specializing in Japanese manga, anime, graphic novels, literature, DVDs, CDs, & games. Until Dec. 27, they are holding the biggest sales event, "Book Off a End of the year sale." English books are sold at 30% off. CDs & DVDs are 20% off. Japanese magazines are 10% off and Japanese hard covers are \$7. The offer includes 10 books and new titles. Over 150 selections of new magazines straight from Japan are also available, and you can buy them brand new and sell them back when you're finished.
Location: 110 E. 42nd St. (at 3rd & 4th Ave.)
New York, NY 10017
TEL 212-485-4430 / www.bookoffnyc.com

Japanese Strengthening Promotions**At plus salon**

Popular hair salon in Midtown. At plus salon, is now having a special promotion for Japanese Strengthening Promotions. They are offering \$50 off on any Japanese Strengthening which regularly costs \$750 for long hair. \$100 for short long hair. \$250 for short hair. (The discount is not valid when you spend a hair sculpt.) If you are thinking about getting a hair cut as well, they are also offering a 50% discount when you get a haircut combined with a Japanese strengthening perm.
Location: 410 3rd Ave., 3rd Fl. (at 10th & 3rd St.)
New York, NY 10017
TEL 212-499-8828 / www.atplusnyc.com

Event Highlights for January**Kinkakuji International**

This month at Kinkakuji, enjoy the architectural presentation of Yoda Shouichi in Kinkakuji's gallery display and if you like his sketches, his calendar will also be available for purchase. Then on Jan. 12, team leading with Yoda Shouichi during Kinkakuji's special crafts event. There will be a live to participate in this event. Check out this website for the latest updates on events.
Location: 120 E. 4th Ave. (at Avenue 4th & 3rd)
New York, NY 10016
TEL 212-497-1700 / www.kinkakuji.com

Star Alliance Network Takes in Continental Airlines**ANA Sells American**

From the recent alliance, the world's largest global airline alliance, Star Alliance Network, now allows Continental

to fly. Continental members to use in and out of the 34 Star Alliance member airlines including ANA (all Nippon Airways) and United Airlines. For more details, airlines or other inquiries, please contact ANA Sales Desk via.

Info: ANA Sales America

TEL 1-800-752-6666

www.ana.com**Free Gift for Chopped NY Reader in Midtown Children****Absolute Photo**

Absolute Photo is a full service photo store offering photo & photo accessory sales, rentals, repairs, as well as printing and storage. For the month of January, Chopped NY readers with children will get a special Japanese New Year traditional "Daikoku" gift bag. No purchase necessary. One per family while supplies last.
Location: 1040 6th Ave. (at 10th St.)
New York, NY 10018
TEL 212-484-4477 / www.absolutephoto.com

20% Discount on Hair Cut and Color**Gloves & Socks Hair Salon**

In Greenwich Village, a hair salon is the Upper East Side, an American husband and Japanese wife styled team is now offering a 20% discount on haircuts and color until Jan. 31. Be sure to mention Chopped NY when you make your appointment to take advantage of this special offer.
Location: 120 W. 4th St. (at 10th & 4th St.)
New York, NY 10014
TEL 212-348-0037 / www.glovesandsocks.com

**Up to 70% Off Lingerie at Ropki's - Ropki's Intimates Sale****Ropki**

Japanese lingerie store,

Ropki, specializing in

custom fitting, will start

its winter clearance sale

from Jan. 5 to 31. During

the sales period, they

offer 70% off new 100%

cotton "Step 1" push-up

bras (\$119, 7501, 7502

and "Step 1" lift-up bra

(\$179) as well as match-



ing up parties for 35% off. Other already marked down products may be sold for 55% off. Other festive lingerie items like corsets and baby dolls will be 30% off. Also, Chapsco's NY readers who bring in this article or ad on page 45 and shop at the store during the sales period will get a sample size lingerie dress set. In addition, those who spend more than \$50 for non-sale items will get \$5 off.

Chapsco NY (Chapsco Inc.) (Tel. 212-412-2800)

New York, NY 10019

Tel. 212-412-2221/www.chapsco.com

Introducing Energy Efficient Electric Boilers & Warmers

Zapucha America Corporation

An electric boiler & warmer offers a quick, simple and convenient way to boil water for home and office use. Zapucha, the leading Japanese home electronics company is now introducing to the U.S. market, an energy efficient, VE Hybrid Water Boiler & Warmer which utilizes vacuum insulation technology (like instant noodle) to keep water hot with very little electricity. It features a non-electric "keep warm" function that when solely on its vacuum insulation to keep water hot, and with its battery operated, radiant heating, it can be taken and used anywhere in the house (operates on 2 AA batteries). Other features include a consumer timer function (6-10 hours), safety auto shut-off, easy-to-use keep indicator to alert completion of boiling process, low water level and easy-to-clean stainless steel interior.

Info: www.zapuchausa.com / Tel. 800-333-6070



20% 12% New Anti-Aging Supplement

CosmoPhacial USA, Inc.

CosmoPhacial USA, supplying high quality cosmetic products, has just released a new anti-aging supplement, which employs the historic Japanese formula called "jintanin medical." The compound which has 48 times more female hormones than collagen, is considered to have the strongest power for anti-aging and menopause. The new supplement comes with 160 pills (60 days usage) and is sold for \$110. Chapsco's NY readers can save another 25% discount and also 30% off or email to enjoy the special discount.

CosmoPhacial USA, Inc.

3725 Second Ave., #210, Astoria, OR 97103

Tel. 206-319-0039 (MyJintanin)



ibellhomeappliance.com / www.appliance.com

Get Free Lavender Eye Pillow with your choice of Japanese Products

Life International

An online shop, Life International, offers a unique mix of imported and American made, traditional Japanese style products for the home as well as a diverse selection of quality Japanese goods, including an authentic line of kumono, yukata and accessories shipped directly from Japan, unique home furnishings, and elegant tableware. Until the end of January, Chapsco's NY readers will receive a free Lavender Eye Pillow with your order. The handcrafted lavender scented eye pillow is regular \$14.95 and is effective for relieving puffiness and easing tension. To address the after, main reason rate "discomfort" at neck out.

Life International, Inc.

Info: www.lifeinternational.com / Tel. 800-892-6991

Free Free Doll With Purchase of Japanese Products

Mars New York

Japanese gift & home product specialty store, Mars New York, is currently holding a special holiday sale offering 30-50% off Japanese toys and 20% off Japanese dolls until the end of December. During the period, customers who spend more than \$100 in a single transaction receive free (the jewelry value gift) doll for the year of 2010, but Chapsco's NY readers get more! Mars New York extends the gift giving period until Jan. 31 exclusively to Chapsco's NY readers. They shopping for Japanese products and get a cute little Tiger (2010's Chinese) doll.

Location: 351 Ave M, Elmhurst, NY 11358

(Marsnet in Elmhurst, NY) Info: Tel. 212-341-1234 / www.lifejapan.com



Wide Services with Discounted Prices

Yul Salon

Japanese hair salon in the West Village, Yul Salon, offers 10% off on all services: haircut with color and 15% off haircut with anti-aging menu. Haircut regular \$100 and up for men and \$60 and up for women including shampoo and dry. Color costs \$25 and up for both men and women. Two popular anti-aging menu include Deep Cleansing (\$100), Head Spa with 3 points Shampoo (\$50) and Moist Spa with Shampoo and Massage (\$100 and up). To receive this offer, mention "Chapsco's NY" when you make a new salon.

Location: 227 W 4th St (at Broadway & Washington St)

New York, NY 10017

Tel. 212-467-1022 / www.yulsalon.com



Free Mizuno Set with a Purchase

Dr. Ci Labo

During this holiday season, a Japanese leading cosmetic brand, Dr. Ci Labo, offers a free gift set for customers who purchase over \$70 of Dr. Ci Labo products. A set of their popular products, which is equivalent to \$33, comes with Aqua-Collagen-Gel Super Moisture (\$2.50), Aqua-Collagen-Gel Super Sensitive (\$2.50), Super Whitening Cream EX (\$2.50), Super Cleansing Oil (\$2.50), and Original Pouch Set (\$1.50) while supplies last.

Location: 110 Hudson New York

401 Madison Ave, New York, NY 10017

Tel. 212-258-6171

New Year Sale and New Year Celebration

Mitsuya Marketplace

Toward the end of January, Mitsuya offers an abundance of special items for ending the year and welcoming the new year. From the food scene, they have an array of omochi (small Japanese new year dishes) items such as kamaboko (fish cake), datemaki (egg & fish cake), kumogata (dumplings), etc., and tsukudani (sea food cooking in soy sauce). They have lots of items directly imported from Japan, such as long crab, snow crab, kani-maki (rolling sushi), etc., in the fresh seafood section, and from the meat section, they offer quality meat for steak, barbecue and shabu shabu. Also, a party table place is offered by Daisuki's Sushi.

During Mitsuya's New Year's Celebration, you can enjoy Japanese cultural New Year's events while shopping. The first 500 customers on New Year's Day will receive a free tiger ornament (tama) as a gift. Tiger is a zodiac sign at the year 2010 in Japan. While waiting for the store to open, you can watch a Japanese drum performance by Taiko muska. The highlight of the celebration is the traditional "Mitsuya-Tsuki" or rice pounding to make mochi which children can participate in. Use NY's finest Red P150 or 180, or the Matsuya Shushi, which runs from Park Authority every two on weekdays and every 10 minutes on weekends. From Dec. 25 - Jan. 3 the shabu hot will run every 30 minutes.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry
ILL 30% OFF / 30% OFF / 30% OFF



Special: Discount on Vegetable Collagen-Based Skincare Product Sets
Jewelers, Inc.

It's known that vegetable collagen peptides are human skin more easily and safely in contrast to animal based collagen. Adore Herbal Collagen & Soap Set, is the powerhouse which maximizes the effect of vegetable collagen and pantothenol. The set is now available from Jewelers, Inc. for \$170 (reg. \$180). (Incl tax, \$1), they offer an extra discount for Chopticks NY readers only taking 5% off the already reduced price and free shipping (U.S. domestic only). Enter or mention coupon code "CHOPTICKS" when you place an order through the website or call.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry
ILL 30% OFF / 30% OFF / 30% OFF

Toshiko Toba Misono available until New Year's Eve

Soba Toba

Soba Toba Soba & Yaki-tori bar is welcome. Miso bar is now taking reservations for the tobako (yaki-tori) soba noodle package.

One package has two bundles of soba noodles, homemade soup, and dango (soba flour for soba-yaki (dumpling soup) for two people, and costs \$30. A package for two people contains two bundles of soba noodles with soup and dango flour, and costs \$42. Cooking instructions and nutrition information also come with the package. You can make a purchase and pick up the soba package on Dec. 31 from 12pm-5pm. Dango lunch set on the 31st, they offer a special new year's lunch in a limited amount.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry

New York, NY 10017

ILL 30% OFF / 30% OFF / 30% OFF

An Eastern Medicine Center for Body
Chopticks, Inc.



At Eastern Medicine Center provides a check up and consultation service from the Eastern herbal medicine viewpoint. Also called "Jiatsu", Eastern herbal medicine is effective for physical and mental problems unique to females such as PMS, menopause, tired, sterility and is helpful for migraines, allergy and constipation as well. Inside and out of January, they are offering a 30-minute check up and consultation session for \$30 (reg. \$60). Along with the check up, they will advise you on your diet and make suggestions for lifestyle improvement. You may purchase the herbal medicine they suggest on-site.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry

New York, NY 10017

ILL 30% OFF / 30% OFF / 30% OFF

Great Discount on Straightening Perm

Hiroko Salon Chelove

Hiroko Salon Chelove will be offering hair straightening perm at a great discount price on the first Sunday of the month beginning January 2010. This Brazilian straightening perm will be offered for \$150 (reg. \$200) and Japanese straightening perm will be \$250 (reg. \$400). Cut service is not included in this discount. Take advantage of this opportunity to get straight, shiny hair.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry

New York, NY 10017

ILL 30% OFF / 30% OFF / 30% OFF

Free Shipping Campaign for Ordering Tengu

Wholesale newyork inc.

Tengu is a vintage, Japanese cotton dolls, which can be used as a towel, wrapping cloth, scarf, wall hanging, etc. Wholesale newyork inc., a U.S. provider of tengu, is now offering free shipping (with back system) regardless of the amount of purchase, for Chopticks NY readers until the end of January. For those who want to try overseas they even give \$5 cash back. To receive this offer, don't forget to type CHOPTICKS in the comment section when you place your order on line. In addition to their extensive tengu collection they now have "tobanagami" or (old paper stretch) which is the tool for putting a pattern on tengu. The fido katagami can be useful for making greeting cards as well.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry

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All you can drink for 2 hour period

Katsuhara SS



Katsuhara SS, sake / sake (brewed out) specialty house offers customers who come into the restaurant. Monday day from 5pm to 9pm, all you can drink don't bear rent and hot sake for 2 hours at the cost of \$1.99. If you want to warm up with hot sake, there is another choice. They offer a traditional sake bottle of hot sake for \$1.99 any day and day. Both offers continue until Jan. 31.

Jewelry: 30% Off All Jewelry, All Jewelry, All Jewelry

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Japanese Language Lesson Trial for Kids at Discount Rates

NYCHINA (New York City Chinese Academy)

Japanese language children's center NYCHINA will offer 15 discount Japanese Language Trial lessons for Chopticks NY readers. On Jan. 5 from 10am to 12pm, which promotes character recognition and vocabulary building, will take place from 10am-12pm for kids 5-6 years old, and the regular trial fee is \$75. On Jan. 8, Japanese Phrases for 5-7 years old will be offered from 10am-12pm, and the regular trial fee is \$20. The classes will be taught by a Japanese teacher. Check out their website or call for full details.

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entertainment • Film

FOUR WEEKS OF BLOOD AND BEAUTY:
KUROSAWA AT THE FILM FORUM

BY KATE T. WILLIAMSON



Kurosawa in *SEVEN SAMURAI* (1954)
Courtesy: J. Peter Fink

As one of the world's most acclaimed and influential directors, Akira Kurosawa has made films that are, or should be, required viewing. His lesser-known films, however, are harder to find and even more rarely projected. Fans of Kurosawa and, truly, all movie-lovers: Mark your calendars! From January 6 to February 10, in honor of the 100th anniversary of Kurosawa's birth, the Film Forum will be screening twenty-nine (nearly all) of his films, including a

new 35mm restoration of *Ikakura* as well as new prints of *Ran* and *Stray Dog*.

This extensive series will feature well-known films—*Seven Samurai*, *Throne of Blood*, *Yojimbo*—as well as films that are rarely seen, even in Japan (*Sandayu Sagasu ni*). The celebration begins with a nine-day run of *Stray Dog*, the director's 1949 film noir starring long-time Kurosawa favorite Toshiro Mifune as a young

Tokyo detective. This film, thought by many to be among the best detective films, was Kurosawa's first in the genre and was adapted from his unpublished novel. The series continues with another must-see film with literary roots, *Throne of Blood*, which tells the story of Macbeth in feudal Japan.

Kurosawa has been admired by generations of directors (George Lucas has acknowledged that *The Hidden Fortress* was the inspiration for *Star Wars*, and his influence is hard to overstate). These six weeks—you should note that most films are screening for one night only—offer a rare opportunity to experience the full spectrum of Kurosawa's filmmaking, ranging from his Oscar-winning *Seven Samurai* to more unfamiliar films, such as the quiet, everyday-life *Our Wonderful Sunday*. Seeing the entire series would amount to a cinematic education, but if you can't clear all your evenings for the month, you must not miss seeing your favorites projected onto the big screen. The breathtakingly beautiful *Ran*, Kurosawa's retelling of *King Lear* filmed in the lush Japanese countryside and at Himeji castle, is the stunning Technicolor finale of this month-long salute to a master of filmmaking.

Kate T. Williamson wants to spend every night this month at the Film Forum.

KUROSAWA FESTIVAL AT FILM FORUM

Jan. 6: *Stray Dog* (New 35mm print)
Jan. 15: *Throne of Blood*
Jan. 16: *The Hidden Fortress*
Jan. 17: *The Wolf*
Jan. 18: *Sandayu Sagasu ni*
Jan. 19: *Our Wonderful Sunday*
Jan. 20: *Ran*
Jan. 21: *Ikakura*

Jan. 22: *High and Low*
Jan. 23: *Broken Angel*
Jan. 24: *The Quiet Duel: Scandal* **
Jan. 25: *The Most Beautiful*
Jan. 26: *The Bad Sleep Well*
Jan. 27: *Yojimbo*
Jan. 28: *Ikakura*
Jan. 29: *Seven Samurai*
Jan. 30: *Ran*

Jan. 29/30: *Seven Samurai*
Jan. 31/Feb. 1: *The Quiet Duel: Scandal*
Feb. 1: *Throne of Blood*
Feb. 2: *Broken Angel*
Feb. 3: *Sandayu Sagasu ni*
Feb. 4: *Our Wonderful Sunday*
Feb. 5/6: *Ran* (New 35mm print)

** films for 1 admission
*** separate admission

Film Forum

295 W. Houston St., 8th Floor, New York, NY 10014 / (212) 727-4110



Kurosawa in *THRONE OF BLOOD*
(1957) Courtesy: J. Peter Fink

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